

# 2022 FALL DANCE SESSION



## Fallbrook Family YMCA

Whether your child prefers ballet, jazz, hip hop, or another genre, dance allows kids to exercise in a fun, nurturing environment. Dance offers many physical benefits and improves confidence and self-esteem.

### Session Dates

Y Member Registration | Aug. 30th  
Community Member Registration | Sept. 1st

CREATIVE MOVEMENT	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Sept 14–Nov 16	Wednesday	5:00–5:40 pm	\$60	\$120
Sept 17–Nov 19	Saturday	9:00–9:40 am	\$60	\$120

BALLET & JAZZ (AGES 5–7)	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Sept 14–Nov 16	Wed	5:50–6:50 pm	\$64	\$128
Sept 17–Nov 19	Sat	9:50–10:50 am	\$64	\$128

HIP HOP & CHEER (8–13)	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Sept 14–Nov 16	Wed	7:00–8:00 pm	\$64	\$128
Sept 17–Nov 19	Sat	11:00–12:00 am	\$64	\$128

DANCE & GYMNASTICS CAMP	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
August 20	Sat	9:00 am–12:00 pm	\$15	\$30

Community member participants will be asked to sign in at the Front Desk upon entry into the facility.  
\*Class times are subject to change. A minimum number of participants must be met to hold the class.

## PRESCHOOL CLASSES

### Creative Movement | 3-4 years old

Classes begin with basic dance fundamentals and build on those skills throughout the session. This class focuses on building control over motor skills and introducing children to dance terms and basic ballet. Students will learn how music influences their movements, follow directions, and use dance for positive self-expression. No previous dance experience needed.

## SCHOOL-AGE CLASSES

### Ballet/Jazz | 5-13 years old

Children learn basic dance fundamentals, choreography of dance, and build on those skills.

### Cheer | 5-13 years old

Children will learn basic hand/arm motions, jumps, kicks, and voice projection. No tumbling.

### Hip Hop | 5-7 or 8-13 years old

Children learn basic dance fundamentals, choreography of dance, and build on those skills.

**\*All dance classes will learn an age-appropriate routine to perform at a recital to be announced at a later date.**

## DANCE/GYMNASTICS CLINIC

Dance and Gymnastics Clinic Children ages 4-9: Join us for a creative and fun morning as we introduce and review skills from our dance and gymnastics programs. Children will give a performance at the end of clinic. This program will be led by experienced YMCA staff.

## Registration Information

### What Should My Child Wear?

Your child does not need to wear a leotard to class - shorts and a t-shirt are fine. Most importantly, we want your child to wear something they can be comfortable and active in. We recommend your child wear appropriate footwear in dance class. Tennis shoes or sneakers are fine for our older level hip hop class. For ballet/creative movement, children can wear socks or ballet slippers.

### Lincoln YMCA Refund/Credit Policy

A requested refund three business days prior to the start day of any activity/class will be issued at 100% credit. A requested refund after this time period will not be issued for any reason, including but not limited to vacation, illness, injury, other activities, etc.

### Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.)

### Pickup/Drop Off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/guardians are responsible for making arrangements to pick up their child on time.



### Dance Reminders:

- Restroom prior to start of class
- No spectators in classroom
- Cleaning between classes
- Hand sanitizer between rotations
- Avoid physical contact when providing positive reinforcement
- Please stay home when ill

Questions, comments, or concerns? Contact  
Dillon Brandt at 402-323-6444 or  
dbrandt@ymcalincoln.org.